

APRIL 2024

Sunday Service: 10:00 a.m.

Theme for 2024:
A Grand Rising

Book for 2024:
Everyday Ubuntu:
Living Better Together
by Mungi Ngomane

Theme for April:
The Gentle Way of Being

Book for April:
A Psalm for the Wild-Built
by Becky Chambers

April 7, 2024

Rev. Sue MillerBorn
Topic: Be Gentle with
Yourself

April 14, 2024

Rev. Sue MillerBorn
Topic: Mirror, Mirror,
on the Wall

April 21, 2024

Rev. Dr. Andrea Asebedo
CSL Bellingham
Senior Minister
Topic: The Uncharted
Territories of Inner Truth

April 28, 2024

Rev. Sue MillerBorn
Topic: Practicing Loving
Kindness

Our Vision: We inspire and
empower people to live
spiritually fulfilling lives.

Our Mission: We are a
welcoming and inclusive
spiritual community,
teaching and living the
universal principles of
Science of Mind®, to be the
change we know is possible
for the world.

MINISTER'S MESSAGE: THE GENTLE WAY

*“Authenticity is the daily practice of letting go of who we think
we’re supposed to be and embracing who we are.” ~~
Brené Brown, *The Gifts of Imperfection**



We take time to pause
to remember how
important it is to be
gentle with ourselves
on the journey of life.
So many moments in
our unfolding
experiences inspire us.
Yet, many others tempt
us to veer off course. It
is in those surprise
moments when we are
suddenly reeling with
disappointments or are

hurled into a dark night of the soul that we find ourselves feeling wounded and desperate for relief. We want to run and hide, to retreat until the story goes away. We might even start berating ourselves for not being good enough or worthy enough. Those voices of blame and shame amp up and we get smaller inside. But the holy way is always keeping a portal open for ourselves to know our Self. Being gentle with ourselves is our first resource. It is okay to withdraw temporarily to find your ground. However, in the aloneness, we can be left with our own head voice if we aren't careful. This invitation to lighten up and be gentle is for all of us to remember to take care of our soul self. We meet life with a compassionate heart and find our way. Often that means reaching out to someone you trust. It also involves looking deeply within and with a smile of understanding. We can do this wholeheartedly to mend our sense of brokenness and bring us closer to abiding in our divine nature.

We celebrate the return of Rev. Dr. Andrea Asebedo to our Center to highlight the month of April! She is helping with a special Sacred Sisters Women's Earth Day celebration on April 20. Then she's bringing us her wisdom in the Sunday message on April 21, followed by a workshop for everyone to enjoy, "Through the Secret Door: The Mystics Way of Receiving Guidance and Connection to the Divine." It will be a very special weekend, so look ahead and mark your calendars today!

Happy Springtime, everyone! Renewal is all around us!

Blessings of love,

Rev. Sue MillerBorn



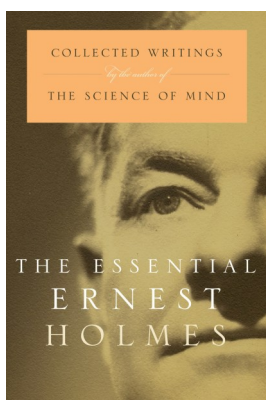
ENDOWMENT FUND GRANTS

Remember that the Endowment Fund Grants are available for projects to improve the Center until May 1. The amount available for the grants this year is \$9,400. Grant applications can be picked up at the Center or can be emailed to you if you call Lorie Barnes in the office at (530) 221-4849 or you can email her at lorie@cslredding.org. So, if you know of something that will help the Center, now is the time to fill out and turn in a Grant application!



QR CODE FOR DONATIONS

Center for Spiritual Living, Redding, now has it's own QR code for donations! If you scan the QR code, it will take you directly to the donation page on the Center's website and you can make a donation then and there! Thank you!!



THE ESSENTIAL ERNEST HOLMES **Certificated Science of Mind® Class:** **Ernest Holmes Philosophy Coursework**

With Rev. Dr. Mary Mitchell

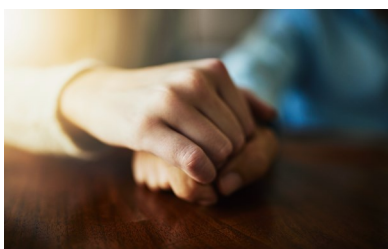
Tuesdays, April 2 to June 4, 2024

12:30 to 3:30 p.m. in the Social Hall

\$100 by 4/2 (with cash or check); \$104 by 4/2 (with credit card)
+ Optional \$45 to \$46.50 Class Certificate Fee (depending on payment type)
Please Note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

The class is ideal for everyone, from the inquisitive newcomer to a future Practitioner. Welcome to an exciting study of *The Essential Ernest Holmes*, a compilation of key writings by this internationally renowned scholar, mystic, and author. It brings to light his most important ideas that shaped the religious psychology/philosophy he defined as *The Science of Mind*. We will study selections from that text as well as his classic works, such as *This Thing Called You* and *Creative Mind and Success*, and passages from *The Voice Celestial*. The student will feast on his quiet, devotional writings as well as his impassioned, chalk-in-hand teachings to future leaders. Holmes' natural ability helps people see past their problems into the heart of their eternal being. He relates the human condition to a limitless ability to choose what to think and how to feel. Dr. Mary absolutely loves giving this class! It's #1 in the over one hundred classes in metaphysics that she has facilitated here at the Center. Come join the fun! Scholarships are welcomed. The three main objectives of the class are:

- To study extraordinary ideas that reshape our beliefs about the world and how it works,
- To become more peaceful and happier as our lives transform, and
- To recognize the beauty in Holmes' lifelong synthesis of ancient wisdom and modern discovery, from medieval labyrinths to quantum physics.



CONGREGATIONAL SUPPORT SEVA TEAM

Were you on the Congregational Support Seva Team before? Would you like to be again? Would you like to join for the first time? Congregational Support offers assistance with meals, etc., if you've been injured or are sick. It also offers people a ride to Sunday services. If your answer to any of these questions is yes, please contact Maggie Fisher via text or cell phone at (530) 776-8118.



SPIRITUAL (Spirited!) MUSIC JAM
Celebrating Spirit through
Musical Instrumentation
Led by Michael Harris, Steve “Shems” Smith,
and Margo Franciose
Friday, April 5, 2024
7:00 to 8:30 p.m. in the Sanctuary
Donations Gratefully Accepted

The intention is to have friends gather with drum, guitar, flute, harmonica, chimes, saxophones, trumpets...whatever you enjoy creating music with. The focus will be on creating a blend of harmony with our instruments and see what we discover as we get centered in the music. If you have been wanting to play a drum and feel a wee bit shy, here is your chance to blend your sound with others and never miss a beat. No one notices anything but an amazing collection of sounds that get us all moving to a divine energy that uplifts us. This is an evening of fellowship that will create itself. Let's see what unfolds as we just let ourselves go to the beat of the music! Come have fun and engage in a spiritual practice that transports us beyond words!



NEW MOON CIRCLE
With Laurie Buckman
Saturday, April 6, 2024
6:30 to 8:30 p.m. in the Meditation Pavilion
Suggested \$10 Donation per Person (no one turned away)
Maximum of 15 Female Attendees (ages 12 and up)

Monthly on the Saturday closest to the New Moon, we will meet as women have for centuries to set intentions, to foster personal growth, and set direction together. We open space to define and discuss the energies present in our lives in order to consciously align with Divine intent. This sacred practice evolves our awareness using herbal allies, synchronizing with real time cycles and holistic wellness. Join us to thrive!

THE TAO OF WATERCOLOR: PAINTING LANDSCAPE ELEMENTS IN
WATERCOLOR – WATER, SKY, AND LAND

Non-Certificated Class with Sharion Windom

Mondays, April 8 to May 27, 2024 (no classes on May 6 and May 13)

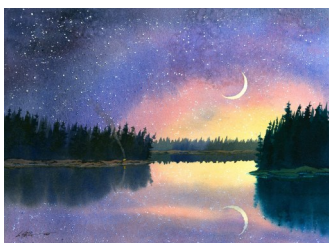
9:30 a.m. to 12:00 noon in the Social Hall

\$150.00 per Person (with cash or check) or \$155.00 per Person (with credit card)

Please Note: We are adding a 3.3% charge on credit card payments to offset the fees imposed upon us. Thank you.

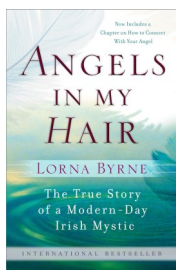
Minimum of Four Students, Maximum of Ten Students

The imagination is not...the faculty for forming images of reality; it is the faculty of forming images which go beyond reality, which sing reality. It is a superhuman faculty...the imagination invents more than objects and dreams – it invents new life, a new spirit; it opens eyes which hold new types of visions.” --Gaston Bachelard



This six-week session is designed for students who have completed at least one course with the instructor and for others who have basic watercolors skills and/or techniques. The course will focus on the specifics of painting water, sky, and land, dealing with each separately so that we can focus on and experience numerous ways of portraying each element. We will explore differing brush techniques, washes, negative painting, color charging, and a treasury of special techniques that can be used in creating landscape elements. Instructional tools include handouts, demonstrations, reference materials for practice, and personal assistance. For

additional information regarding the content of the class, please email the instructor at shariwindom@yahoo.com. To ensure your space pre-registration is required by contacting Lorie Barnes in the office at (530) 221-4849.



BOOK CLUB - *ANGELS IN MY HAIR:* *THE TRUE STORY OF A MODERN-DAY IRISH MYSTIC*

With Robin Backstrom, RScP
Mondays, April 8 to May 20, 2024
2:00 to 4:00 p.m. in the Social Hall
Donations Gratefully Accepted

In this uplifting autobiography, a modern-day Irish mystic shares her vivid encounters and conversations with the angels and spirits she has known her entire life. Lorna Byrne physically sees and talks with angels every day and has done so ever since she was a baby. As a young child, she assumed everyone could see the angels who always accompanied her. Adults, however, were often skeptical, concerned that Lorna did not seem to be focusing on the world around her. Today, sick and troubled people from all around the world are drawn to her for comfort and healing, and theologians of different faiths seek her guidance. *Angels in My Hair* is a moving and deeply inspirational chronicle of Lorna's remarkable life story. Invoking a wonderful sense of place, she describes growing up poor in Ireland and marrying the man of her dreams - only to have the marriage cut short by tragedy. *Angels in My Hair* has garnered overwhelming responses from readers from many walks of life, giving them hope and helping them to realize that no matter how alone they might feel they always have a guardian angel by their side. With an afterword on angels and America and a bonus chapter on how to connect with your angel.



SACRED SISTERS WOMEN'S GROUP

With Rev. Sue MillerBorn
Monday, April 8, 2024
7:00 to 8:30 p.m. in the Social Hall
No Cost to Attend

"For a while, the tale of how we suffer, and how we are delighted, and how we may triumph is never new, it always must be heard. There isn't any other tale to tell. It is the only light we've got in all this darkness." --James Baldwin

We continue to be led into deep conversations using the wisdom of Dawna Markova. We will explore chapters 10 and 11 in her book, *I Will Not Die an Unlived Life*. Touching gently on allowing our woundedness to be our teacher, and when one way closes, another way opens. Her writings invite deep reflection and the group sharing invites even deeper revelations. Join us. It is always an evening well spent.



MEN'S GROUP
With Roy Woolfstead
Mondays, April 8 and 22, 2024
7:00 to 9:00 p.m. in the Sanctuary and Online via Zoom
No Cost to Attend

The Men's Group is centered around discussions and creating friendship among the men of this community. They examine topics brought by those who attend. The goal is to allow each man to become a better human being. Bring your issues, ideas, articles, and poems. It is for the men in the circle to create a dynamic and safe space to explore who they are and who they want to become. Please email Roy at rdwoolf3@gmail.com for Zoom information.

CONTEMPLATIONS4U

Are you interested in starting off your day with a positive thought or quote from an inspired thinker, writer, or philosopher? If so, sign up at this URL: <https://groups.google.com/forum/#!forum/contemplations4u>.



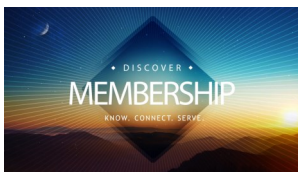
BEAD THERAPY SESSION!!!
Workshop with Christy Carr, RScP
DATE CHANGE! - Saturday, April 6, 2024
1:00 to 4:00 p.m. in the Social Hall
Suggested \$10 Donation per Person

Looking for something fun to do?! Join Christy Carr to make beautiful pieces of art with beads. She will supply all the beads and string needed for you to bead your own piece of art, along with snacks, great company, and lots of laughs! If you haven't beaded before, here's your chance to learn something new.



DANCING WITH SPIRIT
With Dawn Michaela Krapfel
Saturday, April 13, 2024
6:00 to 8:00 p.m. in the Sanctuary
\$20 per Person (with cash or check); **\$21 per Person** (with credit card)
Limited to 33 Participants
Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

Dance is an ancient and profound practice. When we dance, we tap into something greater than ourselves, surrendering to the flow of energy and opening ourselves to the infinite power that moves through everything. It is a conduit to joy, and a form of meditation that allows you to shed the weight of the world and move your way into a state of bliss, connection, and deep inner peace. During this workshop, you will be led through a blend of ecstatic dance, breathwork, and guided movement to awaken and activate your shakti and kundalini energies, open your body, release repressed emotion, clear mental clutter, and celebrate life. Dawn is a lifelong dancer, has been facilitating dance and movement healing events for over 4 years, and is excited to take you on this journey. No dance experience necessary! Ages 12+. Please bring a cushion or Yoga mat, water, a journal, and wear comfortable and loose-fitting clothing you can move in. Please register in advance, as space is limited.



EXPLORING MEMBERSHIP MEETING
With Rev. Dr. Mary Mitchell on Sunday, April 14, 2024
11:15 a.m. to 12:15 p.m. in the Conference Room
No Cost to Attend

Dr. Mary will share what membership means, information about the Center, and answer questions. This is one of two required meetings for becoming a member of the Center.



FEEDING PETS of the HOMELESS SPRING PET FOOD DRIVE!!
Spring into Action with Compassion for Pets in Your Community!

The Center is asking you to help us collect the following supplies for both cats and dogs:

- ♥ Canned and dry pet food and treats.
- ♥ New or gently used collars, leashes, bowls, toys, jackets, dog shoes, blankets, pet beds, etc.

This endearing project is overseen by Shirley and Bill McQuiston. If you can help the Center with these supplies, the donations are received in the side entry door to the Center near the restrooms. We distribute some of this food in gallon size bags to pet owners at the meal served near the Hope Van every fourth Friday. A portion of it is also delivered to a distribution center in Anderson. Cat food donations help to feed our own community of feral cats, too. We work with the neighborhood in trying to capture some of these precious cats so they can be spayed or neutered. Thank you.



CRYSTAL BOWLS SOUND HEALING BATH

With Irene Bulmer

Friday, April 19, 2024

6:30 to 8:00 p.m. in the Sanctuary

Suggested \$15 Donation (no one turned away)

Immerse yourself in a journey of sound and vibration created by Crystal Singing Bowls. Irene is a certified sound healer and has facilitated sound healing baths in North County San Diego in the past. The healing frequencies will lead the meditation as we move through the chakras. Please wear comfortable clothing and bring your blanket, pillows, and Yoga mat as needed for your comfort. Arrive a little early to get situated and comfortable.



SACRED SISTERS WOMEN'S DAY

Honoring Earth Day

Hosted by Rev. Dr. Andrea Asebedo and Rev. Sue MillerBorn

Saturday, April 20, 2024

10:00 a.m. to 4:00 p.m. in the Sanctuary

\$55 per Woman (with cash or check); \$57 per Woman (with credit card)

Includes Soup and Salad Luncheon

Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

Join us on this special day spent with one another honoring Mother Earth. We will create mindful mandalas as a shared spiritual practice and enjoy poetry, song, storytelling, and movement. Dr. Andrea will bring her wisdom and heart to the circle and enrich our spiritual journey in her heartfelt way.



REV. DR. ANDREA ASEBEDO

Special Guest Speaker

From Center for Spiritual Living, Bellingham

“The Uncharted Territories of Inner Truth”

Sunday, April 21, 2024

10:00 a.m. in the Sanctuary

“Like a Columbus of the heart, mind, and soul, I have hurled myself off the shores of my own fears and limiting beliefs to venture far out into the uncharted territories of my inner truth, in search of what it means to be genuine and at peace with who I really am.” --Anthon St. Maarten

We welcome Rev. Dr. Andrea Asebedo once again to her home turf. She is one of the co-founders of our beautiful Center and returns to share her heart and wisdom with us. Currently, she is the Senior Minister at CSL Bellingham. She is always a breath of fresh inspiration and sincerity. You don't want to miss this rare opportunity to share time with her!



THROUGH THE SECRET DOOR
The Mystic’s Way of Receiving Guidance
and Connection to the Divine

With Rev. Dr. Andrea Asebedo

Sunday, April 21, 2024

11:30 a.m. to 2:00 p.m. in the Sanctuary

\$25 per Person (with cash or check)

\$26 per Person (with credit card)

Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

Join Dr. Andrea in a workshop exploring the mystery of our connection to the wellspring of wisdom and love. This workshop is a combination of storytelling, poetry, and hands on techniques to open to guidance and intuition. “Through the Secret Door” is an exploration and an opportunity to spend time in Rumi’s field – “Out beyond ideas of wrongdoing and right doing is a field. I’ll meet you there. When the soul lies down in that grass, the world is too big to talk about.”



CONNECTING WITH THE HOPE VAN

Feeding People Experiencing Homelessness

At Social Services on Breslauer Lane

Friday, April 26, 2024

Starting at 8:15 a.m.

No Cost to Attend

If you can bring a warm casserole dish and serving utensil or cookies, the people we serve will be incredibly grateful. The tables get set up for the food line by 8:15 a.m. and move along quickly. It is a joyful morning to be in service to others. Please contact Rev. Sue MillerBorn at shantiananda@hotmail.com if you want to be put on the email reminder list supported by Gillian Trumbull.



“SPEAK YOUR TRUTH”
POETRY and PROSE OPEN MIC NIGHT

Hosted by Stephen “Shems” Smith

Friday, April 26, 2024

7:00 to 9:00 p.m. in the Sanctuary

Suggested \$10 Donation per Person

You are invited to sing, speak, or play your tune, poetry, stories, songs, or comedy, at the Center’s open mic night. These can be your own compositions or pieces that speak to you. Shems will be your host. Share who you are with the rest of us, knowing you are supported and encouraged to be your true self for the world to see and hear. Come and listen, being open to a completely different point of view, encouraging, with your clapping, the sincerely gifted members of our Redding community. The audience is what makes it risky and real! A chance to be all that we can be! Arrive a few minutes early to sign up for mic time.



**S.O.A.R.: SPIRIT of ADVENTURE RENEWED
ADVENTURE ALWAYS AWAITS!**

No Cost to Attend

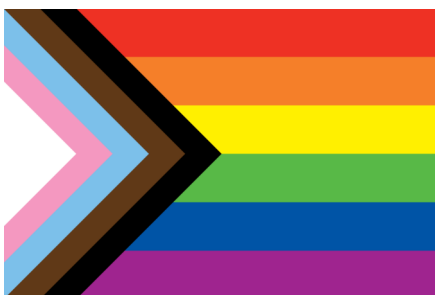
Join us on Saturday, April 27, when we will enjoy Burstarse Falls in Castle Crags Park. Mark your calendars for our May adventure on Friday, May 31 for Red Bluff Day! Please email Cher Matthews at cher321@sbcglobal.net or call her at (530) 209-4391 to get added to the SOAR email distribution list for up-to-date tour information and/or last-minute itinerary changes. You are welcome to join our SOAR Facebook group at <https://www.facebook.com/groups/165707170669160/>.



PLANT AND BULB SALE

Sunday, April 28 to Sunday, May 5, 2024

This is a fun way to share your surplus of plants and bulbs. This popular sale helps to spread beauty to our gardens and landscapes. Bring in your donations starting Sunday, April 21. Tell your gardening friends about this clever opportunity to bring beauty to your property!



RAINBOW LOVE CIRCLE OF CONNECTION

All LGBTQIA+ Support Group

With Christy Carr, RScP

First Wednesday of Each Month

Starting May 1, 2024

6:30 to 8:00 p.m. in the Meditation Pavilion

Donations Gratefully Accepted

Come OUT! We are here to support you. ❤️ A group that joins together in love and acceptance for everyone! This is a safe place to be yourself and have a voice. As we delve into our conversations of challenges and celebrations, we bridge our understanding with compassion and acceptance. We grow in friendship and community. Please join us on Wednesday, May 1, 2024, from 6:30 to 8:00 p.m., in the Meditation Pavilion, for a meet and greet occasion. This support group is facilitated by Christy, who has a passion for inclusion and diversity in our spiritual community.

RUMMAGE SALE

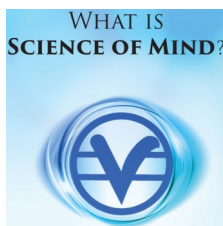


ANNUAL RUMMAGE AND COLLECTIBLES SALE

Friday, May 10, 2024, from 7:00 a.m. to 2:00 p.m.

Saturday, May 11, 2024, from 7:00 a.m. to 1:00 p.m.

This community event is back! We call forth all Sevites to help us make it a huge success! The community of Redding looks forward to our historic sale each year. And that is because of every person who steps up to make it happen. We will be closing the Sanctuary **AND** Social Hall from May 5 to 9, 2023, for set up and pricing. You may start bringing your items after the 10:00 a.m. service on Sunday, May 5. We ask that donated items be clean and in good condition. Please know we can't receive computers, exercise bikes, or TV screens. We encourage and invite people to help with sales and with breakdown. This is such a prime opportunity to work in joy with others and get to know each other. The signup lists to help will be set up in April. Jewelry items can be dropped off at the Center now so the jewelry experts can sort and tag the goods carefully. Times of available hours to drop things off is Sunday after the service from 11:30 a.m. to 3:00 p.m. and Monday through Wednesday from 8:00 a.m. to 5:00 p.m. Contact Diana Woolfstead at 530-227-5216 or Rev. Sue at 530-524-9828 if you have items that need to be picked up and we will do our best to arrange for truck and trailer pick-up. You can also call Charlie or Sue at 530-524-2371 for special times after hours for delivery of items to the Center. Please don't just drop things at the side without notifying us first due to the homeless situation in our woods. Let the fun begin!



THE ESSENCE OF *THE SCIENCE OF MIND* CLASS

With Rev. Dr. Mary Mitchell

Sunday, May 12, 2024

11:15 a.m. to 12:15 p.m. in the Conference Room

No Cost to Attend

Dr. Mary will share the history of Centers for Spiritual Living and this Center, share information about Science of Mind®, and answer questions. This is one of two required meetings for becoming a member of the Center.



ENLIGHTEN UP!!

Seriously, Don't Take Life Sooooo Seriously!

"Play"shop with Rev. Lisa Carson

Sunday, May 19, 2024

12:00 noon to 1:30 p.m. in the Sanctuary

\$20 per Person (with cash or check)

\$21 per Person (with credit card)

Please note: We are adding 3.3% on credit card charges to offset the credit card fees imposed on us. Thank you.

I am so excited to come back and share with Center for Spiritual Living, Redding, not only a talk on Enlighten Up, but a "playshop" afterward. With numerous world events causing overwhelm along with challenges in our personal lives, it's easy to get into a negative state of mind. We do have a powerful way to shift our energy and refocus our mind. There is great levity generated through laughter and joy that, once practiced, can become a powerful tool in transforming the way we interact in the world. Nikola Tesla said, "If you wish to understand the Universe, think in terms of energy, frequency, and vibration." Whatever energy we emit is what we attract back to us. We need to match the frequency and vibration to transform our life and the world. Not only can we increase our own level of happiness by lightening up, but we will also create a ripple effect in the world, raising the vibration of those around us. Don't worry, I won't just be discussing Quantum Physics, as fascinating as that is. I will be sharing a talk that helps you think about ways you can lighten up and provide the steps to do so. Afterwards, we will be interacting in a playful way during the workshop. Wear comfortable clothing to one or both events. Also bring an open mind and heart and remember your childlike wonder. Introduced to Paradise Church of Religious Science at the age of 14, Rev. Lisa fell in love with the Science of Mind® philosophy and the teen summer camps. She earned her B.A. and teaching credential in the mid-80s, then went on to become a licensed minister in 2004, as she raised her son. Rev. Lisa spent five years as the Assistant Minister for CSL Chico, where she was ordained in 2018. Working as the Youth and Family Director, she was able to fulfill her love of teaching, preaching, and working with young people. Rev. Lisa went on to follow a passion for travel as she became the Spiritual Director for the Centre for Spiritual Living, Thailand, living and teaching in Thailand for approximately three years. Rev. Lisa is currently the founder of the new CSL Enlighten Up Focus Ministry which teaches people to raise their energy through numerous Science of Mind® techniques, including visualizing, laughter, and focus. "Playshops", both in person and online, are offered. Rev. Lisa enjoys speaking at various Centers throughout the world when the opportunity presents itself. Currently based in California, she looks forward to sharing her insights from travels, teaching, and being a spiritual being while having a hilarious, human experience. You can visit her website at www.getenlightenup.com for more information on travel experiences and other offerings. You can also contact her directly at rev.lisacarson@gmail.com.

CSLR AFFILIATED COMMUNITY MINISTER



Rev. Cathleen "Cat" Cox is pleased to announce that her website (<https://www.thepathofjoy.org>) is now live! You can also find her on Facebook at Cathleen Cox ([rev.cat.thepathofjoy](https://www.facebook.com/rev.cat.thepathofjoy)) and on Instagram at Cathleen Cox ([rev.cat_thepathofjoy](https://www.instagram.com/rev.cat_thepathofjoy)).

PROJECT HOMELESS



CONNECT

**Community Service Opportunity
Shasta County Project Homeless Connect
At Redding Civic Auditorium
Monday, May 20, 2024
9:00 a.m. to 2:00 p.m.
Set up at 8:30 a.m.**

Two of the Center’s Community Outreach projects, Shoes for Souls and Feeding Pets of the Homeless, will be highlighted at the Shasta County Project Homeless Connect, held annually at the Civic Auditorium. We are looking for a few Sevites to help us set up and host the display in 2-hour shifts. We appreciate this opportunity to be in service to Shasta County in such an important way. Many other service organizations join in this venture, and we are honored to be included! Contact Rev. Sue if you are interested in helping. A sign up for being in service will be available in April.

LIVING IN HARMONY...LISTENING TO NATURE

Sacred Sister’s Women’s Retreat

**At Christ the King Passionist Retreat Center in Citrus Heights, CA
With Rev. Sue MillerBorn**

Friday through Sunday, October 25 through 27, 2024

Non-Refundable \$50 to \$52 Deposit (depending on payment type) to Hold Your Spot

Total of \$395 per Woman (with cash or check); \$409 per Woman (with credit card)

Includes Room and Six Meals

Limited to 34 Women



It is the time of year when we start promoting and taking deposits to reserve places at this year’s Women’s Retreat. We have secured the beautiful grounds of our favorite location in Sacramento (Citrus Heights), the Christ the King Passionist Retreat Center. They provide a private room and bathroom for each of you and their wonderful meals are served with love. You are welcome to share a room, too. The meeting space has spectacular views of their beautiful grounds. Please contact Lorie Barnes with your intention to go as soon as possible!



PRACTITIONERS IN SERVICE

“The secret of prayer and its power in the outward life depends upon an unconditioned faith in, and reliance upon, this inner Presence.” --Ernest Holmes

The Practitioner team is here for you. We respond to prayer requests for your health and well-being. We are here to be in service. Please keep our numbers or emails close by as a resource. We share in consciousness through deep prayer work. When we pray, we pray affirmatively. We raise our awareness to witness our oneness with the Divine. Prayer is a powerful tool for shifting our consciousness to remember the greater good. Don’t ever hesitate to reach out. We are right here for you. With love, Rev. Sue, Dr. Mary, Rev. Pam, Robin, Charlie, Christy, and Shirley.

WRITING FOR FUN



Do you have a longing to write, whether it’s fiction, non-fiction, poetry, biography, etc.? Would you like to meet with other people who have the same longing you do? The Center has heard from some folks who’ve expressed a desire for this type of group to form. Therefore, the Center would like to offer the opportunity to have this group meet once a month to start. If you would like to participate, please contact Lorie Barnes in the office at (530) 221-4849 to let her know what day and time would work best for you.



CENTER FOR SPIRITUAL LIVING, REDDING NEW SENIOR MINISTER SEARCH COMMITTEE INVITATION FOR COMMUNITY INTENTION AND SUPPORT

UPDATE and COMMUNITY PRAYER

The Center's search for a new Senior Minister continues. The Search Committee and Rev. Sue will keep you updated as we move forward. As always, we appreciate your continued support and sharing any input or questions you have about the process and your thoughts about a new Senior Minister. Please join us in our community prayer.

Community Prayer

There is only One... One spirit, One heart, One mind. This Universal Spirit is infinitely intelligent, infinitely loving, and always accessible. It is indwelling in each one of us and expresses as a positive force, attracting to our Center the right and perfect spiritual leader.

We know together, as a community, that our Center always moves in the Light, and welcomes with enthusiasm a new leader. Our new minister brings wisdom, newness, love, charisma, and joy with them, as well as deep spiritual principles to share.

It is with excitement and love that we extend this invitation, embracing the reality of a new minister and the reality of change and growth. Divine Mind is at the center of this, orchestrating a perfect transition to serve the needs of our community.

It is with deep gratitude and clear intention that we release this prayer, knowing the right and perfect minister is awake, ready, and receptive to this invitation to serve. Our hearts are filled with grace and thanksgiving as we know that these words matter and that they are released to the Divine with assured results. And so it is!



THE HEART OF SEVA

Seva is defined as "selfless service to God." Seva is a tool, a practice that can be used to deepen one's own understanding and experience of Spirit. It is both a path to God and the fruit of the path, both the journey and the destination. As a spiritual practice, it helps one to move through the present, conscious awareness into a deepening, expanding state of Self. One also receives the sweetness of the experience of giving of oneself, from one's own fullness and love. As you give, so shall you receive. As with any spiritual practice, there are some things that are required of us when we commit to doing Seva. Our intent to dedicate our actions to our growth towards God is important. We must be willing to allow Spirit to work on us and through us. Seva can have a purifying effect and point out to us various ways that the ego gets in the way of our own higher experience. It may demand of us that we do indeed surrender some bit of ego that we have grown so attached to in order to grow spiritually. It is also important that we listen both to our inner voice and the messages coming from around us. Contemplate what you are doing, your motives, attachments, and who is really doing the work. Seva can be experienced as open-eyed meditation. Certain negative thoughts and feelings may arise while performing Seva. Allow them to drift away, without attachment, while returning your consciousness to the task at hand. Don't run away from a little discomfort. Rather, allow the Spiritual Warrior to emerge and do the right thing. For some who have difficulty sitting still to meditate, Seva can serve as a form of Karma Yoga (the path of joining oneself to God through one's actions, one's work.) Whichever path one chooses, it is the longing for God that leads us, urging us from within to pursue our goals with determination and purpose. Seva can become, for each one of us, a vehicle for integrating our spiritual practices into every part of our lives. Keeping it lighthearted and remaining gentle with ourselves can make the tool of Seva a mighty joy to wield! **If you would like to offer Seva, the following teams are inviting your participation:**

- | | | | | |
|------------------------|---------------------|-------------------|-------------------|-----------|
| Audio/Video | Awareness Bookstore | BLISS | Children's Church | Cleaning |
| Congregational Support | Food for Hope | HeartSangha Choir | Kitchen Kookies | Landscape |
| Prosperity | | | | |

Recommended Reading: *Compassion in Action; How Can I Help?; Chop Wood, Carry Water; Bhagavad Gita*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hatha Yoga, 5:30 to 6:45 p.m.	2 TOPS Club, 9 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. "The Essential Ernest Holmes" Class Begins, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. Prayers and Meditations of Yogananda, 7 to 8 p.m.	3 Hatha Yoga, 5:30 to 6:45 p.m. The Journey, Part 2, 7 to 8:30 p.m.	4 Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. Prac II, Part 3, 5:30 to 8:30 p.m. Journey of the Soul, 6 to 8:30 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	5 Office/Bookstore CLOSED Spiritual (Spirited!) Music Jam, 7 to 8:30 p.m.	6 Bead Therapy Session, 1 to 4 p.m. "New Moon Circle, 6:30 to 8:30 p.m.
7 Rev. Sue MillerBorn Speaking, 10 a.m. Children's Church, 10 a.m. Guest Musician Performs, 10 a.m. Kitchen Kookies Host the Social Hall, 11 a.m. Practitioners' Meeting, 11:15 a.m. Gong Meditation, 5:30 to 6:45 p.m.	8 "Tao of Watercolor: Painting Landscape Elements in Watercolor - Water, Sky, and Land" Class Begins, 9:30 a.m. to noon "Book Club - Angels in My Hair: The True Story of a Modern-Day Irish Mystic" Begins, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m. Sacred Sister's Women's Group, 7 to 8:30 p.m. Men's Group, 7 to 9 p.m.	9 TOPS Club, 9 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Essential Ernest Holmes, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m.	10 Hatha Yoga, 5:30 to 6:45 p.m.	11 Caregiver Support Group, 10 a.m. to noon Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. Prac II, Part 3, 5:30 to 8:30 p.m. Journey of the Soul, 6 to 8:30 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	12 Office/Bookstore CLOSED Healing Touch Practice Session, 6:30 to 8 p.m.	13 Landscape Seva Day, 9 a.m. to noon Dancing with Spirit, 6 to 8 p.m.
14 Rev. Sue MillerBorn Speaking, 10 a.m. Children's Church, 10 a.m. Guest Musician Performs, 10 a.m. Kitchen Kookies Host the Social Hall, 11 a.m. Exploring Membership Meeting, 11:15 a.m. to 12:15 p.m.	15 Tao of Watercolor, 9:30 a.m. to noon Book Club, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m.	16 TOPS Club, 9 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Essential Ernest Holmes, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. Prayers and Meditations of Yogananda, 7 to 8 p.m.	17 Hatha Yoga, 5:30 to 6:45 p.m.	18 Reality Retreat Meditation, 9 to 9:45 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. Prac II, Part 3, 5:30 to 8:30 p.m. Journey of the Soul, 6 to 8:30 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	19 Office/Bookstore CLOSED Crystal Bowls Sound Healing Bath, 6:30 to 8 p.m.	20 Sacred Sisters Women's Day Honoring Earth Day, 10 a.m. to 4 p.m.
21 Rev. Dr. Andrea Asebedo Speaking, 10 a.m. Children's Church, 10 a.m. Guest Musician Performs, 10 a.m. Kitchen Kookies Host the Social Hall, 11 a.m. "Through the Secret Door: The Mystic's Way of Receiving Guidance and Connection to the Divine" Workshop, 11:30 a.m. to 2 p.m. Gong Meditation, 5:30 to 6:45 p.m.	22 Tao of Watercolor, 9:30 a.m. to noon Book Club, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m. Men's Group, 7 to 9 p.m.	23 TOPS Club, 8 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Essential Ernest Holmes, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m.	24 Hatha Yoga, 5:30 to 6:45 p.m.	25 Awareness Newsletter Seva Team Meets, 9 to 11 a.m. Reality Retreat Meditation, 9 to 9:45 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Lunch with Ernest Holmes, 1 to 2 p.m. Prac II, Part 3, 5:30 to 8:30 p.m. Journey of the Soul, 6 to 8:30 p.m. Awakening to Oneness with Life Meditation, 6:30 to 8 p.m. HeartSangha Choir Rehearsal, 7 to 9 p.m.	26 Office/Bookstore CLOSED HOPE Van at Social Services on Breslauer Lane, 8:15 a.m. "Speak Your Truth" Poetry and Prose Open Mic Night, 7 to 9 p.m.	27 SOAR Adventure to Burstarse Falls at Castle Craggs State Park, Time TBA
28 "Spring Plant and Bulb Sale" Begins, 9:30 to 11:30 a.m. Rev. Sue MillerBorn Speaking, 10 a.m. Children's Church, 10 a.m. Guest Musician Performs, 10 a.m. Friendship Potluck in the Social Hall, 11 a.m.	29 Spring Plant and Bulb Sale, 9 a.m. to 5 p.m. Tao of Watercolor, 9:30 a.m. to noon Book Club, 2 to 4 p.m. Hatha Yoga, 5:30 to 6:45 p.m.	30 Spring Plant and Bulb Sale, 9 a.m. to 5 p.m. TOPS Club, 8 to 11 a.m. Chair Yoga, 11 a.m. to 12:30 p.m. Essential Ernest Holmes, 12:30 to 3:30 p.m. "Free at Last" A. A. Group, 5:30 to 6:30 p.m. Board of Trustees Meeting, 5:30 p.m.	<h1>APRIL 2024</h1>			

CENTER GROUPS

CHILDREN'S CHURCH meets each Sunday from 10:00 to 11:00 a.m. in the Children's Cottage. Questions? Call Bonnie Lantiegne at 530-722-7304.

SACRED SISTERS WOMEN'S GROUP meets the second Monday of each month from September through June from 7:00 to 8:30 p.m. in the Social Hall. Questions? Call Rev. Sue MillerBorn at 530-524-9828.

MEN'S GROUP meets the second and fourth Monday of each month from 7:00 to 9:00 p.m. in the Sanctuary and on Zoom. Questions? Call Roy Woolfstead at 530-246-1017.

HEARTSANGHA CHOIR meets every Thursday from 7:00 to 9:00 p.m. in the Sanctuary from mid-August to mid-May. Questions? Email Gwen Rooker at choirqueries@gmail.com.

CAREGIVER SUPPORT GROUP meets the second Thursday of each month from 10:00 a.m. to noon in the Social Hall. Questions? Call Rev. Dr. Mary Mitchell at 530-347-0996.

AWARENESS NEWSLETTER SEVA GROUP meets the last Thursday of every month (except November and December) from 8:00 to 10:00 a.m. in the Social Hall. Questions? Call Lorie Barnes at 530-221-4849.

LANDSCAPE SEVA GROUP usually meets the second Saturday of each month from 9:00 a.m. to noon. Questions? Call Diana Woolfstead at 530-246-1017.

S.O.A.R. GROUP meets once each month, January through October, to take spiritual adventures together. Questions? Call Cher Matthews at 530-209-4391.

HEALTHY PRACTICES

GONG MEDITATION meets the first and third Sunday of every month from 6:30 to 7:30 p.m. in the Sanctuary. Questions? Call Joan Richards at 530-267-0523.

HATHA YOGA meets every Monday and Wednesday from 5:30 to 6:45 p.m. in the Sanctuary September through June. Questions? Call Rev. Sue MillerBorn at 530-524-9828.

CHAIR YOGA meets every Tuesday and Thursday from 11:00 a.m. to 12:30 p.m. in the Meditation Pavilion. Questions? Call Claire Bay Manner at 908-337-5312. **Please note:** you must have received the most recent Covid-19+ Bivalent Booster shot to attend.

PRAYERS and MEDITATIONS of YOGANANDA meets the first and third Tuesday of each month from 7:00 to 8:00 p.m. in the Meditation Pavilion. Questions? Call Rev. Sue MillerBorn at 530-524-9828.

REALITY RETREAT MEDITATION meets every Thursday from 9:00 to 9:45 a.m. in the Meditation Pavilion. Questions? Call Nithya Ram at 530-355-8384. **Please Note: Nithya is out of town the first two weeks of April.**

AWAKENING TO ONENESS WITH LIFE MEDITATION meets the second and fourth Thursday of every month from 6:30 to 8:00 p.m. in the Meditation Pavilion. Questions? Call Jill Matthews at 530-315-2014.

CRYSTAL BOWLS SOUND HEALING BATH meets the third Friday of every month from 6:30 to 8:00 p.m. in the Sanctuary. Questions? Contact Irene Bulmer at ibnoodle@gmail.com.

GENERAL INFORMATION

CONGREGATIONAL SUPPORT: Offers assistance with meals, etc., if you've been injured or are sick. Questions? Email Maggie Fisher at maggiefisher7744@hotmail.com or text her at 530-776-8118.

CENTERS for SPIRITUAL LIVING WORLDWIDE: Check out our parent organization's website: <https://csl.org>

CSL WORLD MINISTRY of PRAYER: For prayer requests, visit <http://www.csl.org/world-ministry-of-prayer>

CENTER for SPIRITUAL LIVING, REDDING, WEBSITE: <https://www.cslredding.org>

CENTER FOR SPIRITUAL LIVING, REDDING, EMAIL: cslr@cslredding.org

AFFILIATIONS

TOPS Club, Inc. in Redding meets every Tuesday from 9:00 to 11:00 a.m. in the Social Hall. Questions? Call Marghi Kilmer at 530-556-0451.

"FREE AT LAST" A. A. Group meets every Tuesday from 5:30 to 6:30 p.m. in the Social Hall. Questions? Call Storm K. at 530-351-8609.

Rev. Dr. Barbara Leger, Ordained Minister, Centers for Spiritual Living: <https://www.goldenpathofpeace.org>



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CLOSED Fridays & Saturdays

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Rev. Cat Cox (revcat1213@gmail.com) Ordained Minister, Unitarian Universalist, CSLR Affiliated Community Minister	707-853-0009

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